



# Empire State Trail

Connecting New York's extraordinary experiences, people, and places.

## Van Cortlandt to Inwood Hill

Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

### Start 3 Van Cortlandt

Turn	Notes	Distance
↑	Head north on Broadway toward Manhattan College Pkwy	377 ft
	Make a U-turn at Manhattan College Pkwy	502 ft
→	Turn right onto W 242nd St	390 ft
↑	Continue onto Manhattan College Pkwy	892 ft
←	Sharp left onto Irwin Ave	705 ft
←	Slight left onto W 240th St	269 ft
→	Turn right onto Frank Durkan Way/Tibbett Ave	-
↑	Continue to follow Tibbett Ave	0.675 mi
←	Turn left onto W 230th St	640 ft
→	Turn right onto Marble Hill Ave	482 ft
←	Turn left onto W 228th St	610 ft
→	Turn right onto Broadway	538 ft
←	Turn left onto W 225th St	82 ft
→	Turn right	72 ft
←	Keep left	0.12 mi
→	Turn right onto W 218th St	1,023 ft
←	Turn left onto Seaman Ave	0.724 mi
→	Turn right onto Dyckman St	1,312 ft

### End 2 Inwood Hill

## Southbound along Hudson Valley Greenway Trail



**Disclaimer:** Trail users may encounter temporary or permanent changes to the trail route as described in this cue sheet. Trail users must exercise discretion at all times to assure personal safety, including staying alert for movements by vehicles and other trail users, as well as possible modifications to the trail route.